

## WORTH QUOTING

Says the Utica Press: The Court is the judge of the law, and the jury is the judge of the fact. In order to secure exact and even handed justice it is necessary to have good jurors.

Says the Baltimore American: It is quite apparent that high priced beef and mutton cannot maintain a position of defiant disregard of public sentiment when there is the resource of moderate priced poultry within reach of the consumers.

The Trenton father who sends word concerning his runaway boy that as he has eight children left he does not care whether or not the truant returns may be a very loving parent. Appearances, thinks the Philadelphia Ledger, sometimes are so deceptive.

As the Cape Cod canal will cause the traveler to evade treacherous shoals and fogs, suggests the Boston Post, so its opening will dispel the fog in the minds of those who doubt that Boston is entering upon a career of domineering prosperity.

In brief, smoking is not a mere matter of drugging the system, nor even of acquiring a certain taste in the mouth; the sense of sight enters into it considerably and imagination most of all. How else, asks the Syracuse Post-Standard, shall we account for the fact that no smoker can tell with his eyes shut and his hands tied whether his cigar is alight or not?

If the Powers could be actuated by the spirit that guided the United States in its relations with Cuba the future of Turkey would be much brighter than it is at present, insists the Schenectady Union. Greed and jealousy, however, will in all probability continue to dominate the situation and leave the Moslems with the same old conditions under a new ruler.

Nine-tenths of the fruit sold in large cities is better on top of the packages than it is in the bottom. Farmers, laments the Agricultural Epitomist, who put up stuff in that way expect retail customers to pay good money for it, and they expect the bottom cents to be just as large and just as valuable as are the cents on top.

A small holder in East Lexham is making an interesting experiment in barley growing upon his land to test the possibility of raising corn on a small scale. In 1907, relates the London Standard, he sowed seventy-eight specially selected grains of barley, which yielded 400 ears. The resulting kernels he sowed in 1908 and harvested in fourteen weeks, with the result that he got a bushel of threshed barley, which he has sown this year, his object being to show what can be done in cereal cultivation from very small beginnings.

The discomforts of what the writer calls summer "boredom" are dwelt upon by Grace Graham in Putnam's Magazine, with an emphasis that bespeaks an intimate acquaintance with the experiences that few of us have succeeded in escaping. "When I have finally engaged board for the summer," says the writer, "I always look at every one I pass in the street with renewed interest. How can I tell which of the women may be embracing her husband and spanking her child in my company for weeks? or which of the men I may meet when, in dressing-gown and slippers, soap and sponges clasped to our bosoms and hair and eyes still full of sleep, we scramble for the bathroom—if there is one?"

## HUGE GAME-PRESERVE.

British Attempt to Save Animals From Extinction.

The East Kootenay district of British Columbia is to become a huge game-preserve during the next 10 years, according to a proclamation from the Lieutenant Governor and Executive Council of British Columbia. This region is located 63 miles north of the United States boundary line, and its eastern limit is the Elk River, which lies 15 miles west of Alberta. It includes that section of territory which has been suggested as the Goat Mountain Park, and the total area is approximately 450 square miles. In this great tract of country there is to be an absolutely closed season for 10 years on mountain sheep, mountain goats, mule deer, elk and the other important wild animals found in that locality.

At the present time, says Harper's Weekly, the district under preservation contains an abundance of game of many varieties, although the elk and mule deer have been greatly thinned out by visiting sportsmen. A conservative estimate by guides, who are familiar with the country, places the number of white mountain goats at about 1000 and mountain-sheep at 200 head. Along the upper ranges of the mountains grizzly bears may be found, and very probably there are 50 or more in the East Kootenay preserve.

### A More Practical Way.

It was the dreamy hour when the Christmas dinner, having been eaten, was doing its best to digest itself and the girls were talking in the hushed tones appropriate to the occasion.

"I've just heard of a new charm to tell whether any one loves you, and if so, who it is," whispered Elsie.

"What is it?" queried Sophie, absently fingering her new diamond ring.

"Well, you take four or five chest-nuts, name them each after some man you know, and then put them on the stove, and the first one that pops is the one that loves you."

"H'm," said Sophie. "I know a better way than that."

"Do you?"

"Yes, indeed. By my plan you take one 'particular man, place him on the sofa in the parlor, sit close to him with the light a little low, and look into his eyes. And then, if he doesn't pop, you'll know it's time to change the man on the sofa."—Woman's Home Companion.

### High Prices for Horseshoes.

General St. Clair Mulholland, veteran and historian of the Civil War, tells an incident showing the utter worthlessness of Confederate paper money at the close of the war.

"Shortly after Lee's surrender," says the General, "I was a short distance from Richmond. The Confederate soldiers were going home to become men of peace again, and were thinking about their farms.

"One had a lame, broken-down horse which he viewed with pride. 'Wish I had him, Jim,' said the other. 'What'll you take for him? I'll give you \$20,000 for him.'

"No," said Jim.

"Give you \$50,000."

"No," said Jim.

"Give you \$100,000," his friend said.

"Not much," replied Jim. "I just gave \$120,000 to have him shod."

### Franking in Days Gone By.

Franking privileges were greatly abused in days gone by. The government employee's friends shared in his opportunities. In a letter written by Wordsworth in 1815 the poet said: "By means of a friend in London I can have my letters free. His name is Lamb, and if you add an 'e' to his name he will not open the letters. Direct as below, without anything further, 'Mr. Lamb, India House, London.'" Coleridge, too, saw that a postage saved was a postage earned, and made use of the Mr. Lamb of the India House—Charles Lamb.

## The Old Must Go.

By Orison Swett Marden of Success Magazine

**T**HE up-to-date business man is constantly breaking up old-time systems which have been handed down from father to son for many generations. The progressive man pays very little attention to what was done in the past. He knows that the world is new every day, that it requires new treatment. He faces the sun of progress, he looks toward the light, he holds his mind open. He does not care how many people have done the work before, or in what way they have done it, or how many superstitions engirdle the thing he is working upon, he does his work in his own way. The present state of the world's progress is the result of the constant breaking away from the past, the elimination of worn out machinery, of cast-off ideas, foolish superstition, prejudice and worn out methods.

England not long since sold thirty-one modern warships, which cost fifteen million dollars, for less than five per cent. of what it cost to build them. These ships had not been in commission a great many years, but such has been the progress in shipbuilding that they are already out of date.

A great throbbing, almost human, Hoe printing press today throws off completed papers faster than one person can count them, and great rolls of paper are reeled off almost as fast as a horse can trot. The largest skyscraper in New York would not hold enough such printing presses as were used fifty years ago to turn out the same amount of work in equal time.

Everywhere the new is crowding out the old.

Life in the city has become so intense that it is necessary to break loose from it every now and then, to get in closer touch with nature, and "drink power from the fountain head"; to get so close to Mother Earth that she can whisper her secrets in our ears.

It is a great thing to keep one's self growing in this age of specialists. The man who continues to work in a rut, who confines himself to one special line, betrays every year a lessening tendency to reach out into new fields, to expand, to grow outside of his little line of endeavor. People who take no vacation lose the rhythm of life. Their days are all monotonous work.

Play is just as important to symmetrical development, to a well balanced life, as work. A vacation helps to balance our powers, to give us a more symmetrical development. It keeps us from becoming one-sided. It improves our judgement.—From "Success Magazine."

## Comfort and Your Summer Clothes

By Dr. W. R. C. Latson.

**T**HE coat for summer wear should be loose and of some light open-weave material. A very common fault in all coats is that the collar is made too short, thus causing more or less pressure upon the back of the neck. This pull of the coat collar tends to drag the head of the wearer forward, thus contracting the chest and interfering with the action of the lungs and other vital organs. This means a lowering of the body's power of breathing and other vital functions. This, of course, means a loss of general vitality and diminution of the body's power to resist the heat; and thus adds more than one would think to the discomforts of the hot weather.

As to the waistcoat, the garment is bad enough at any time, but during the hot weather it is an abomination. It is gratifying to note that most well-dressed men discard the waistcoat during the summer.

Suspenders are happily little worn during the summer. Nor should they be, either then or at any other season. For the suspenders are uncomfortable and injurious in many ways. They are uncomfortable because, of all the appliances worn by men, they produce the most incessant, strong and unrelenting pressure. Air can pass through the coat, the shirt, even the waistcoat; but under the place where the suspenders cling about the chest, back and shoulders no air can get. As every man knows, the suspenders are the hottest thing he can possibly wear.

True, a tight belt is nearly as bad, but it is not necessary to wear a tight belt—or a belt at all unless you wish to do so for appearance sake.

How, then, are we to keep the trousers in place? Very easily. Have the trousers cut so as to fit snugly over the hips; have the buckles at the sides just over the hip bones, instead of at the back, and you will have not the slightest discomfort or difficulty in keeping the trousers up.

The pressure is distributed over the hips and the sacral region so that it is felt hardly at all. There is perfect freedom of the trunk and shoulders and there is no need for the tightly-drawn belt that is not only ugly and uncomfortable but actually injurious. In my own case I have not worn either suspenders or belt for twenty years, but have worn trousers which, being cut with a closely fitting body, have kept themselves in place without the slightest discomfort or annoyance.

Tailors call trousers cut in this way "hip trousers," and any good practical cutter can draft the pattern so that the trousers shall be, as they ought to be, very full across the lower part of the seat and the thighs falling in artistic lines to the ankle, and yet holding a firm, gentle grip over the hips.—The Outing Magazine.

## Unconscious Worry.

By O. S. Marden.

**A** number of people worry unconsciously. They don't understand why they are so tired in the morning, why their sleep was so disturbed and troubled.

This mental disturbance is often caused by the habit of taking things too seriously, carrying too great a weight of responsibility. Everywhere we see people who take life too seriously. Most of us are like the motorman, who not only starts and stops the car and tries to keep from running over people, but also feels tremendous anxiety and responsibility about the motive power.

One of the most helpful lessons life can impart is that which shows us how to do our work as well as it can be done and then let Principle take care of the result. How often have we been amazed to find things come out much better than we anticipated; to find that the great unseen Power that governs our lives through a wilderness of trial and tribulation into the open has guided our life ship through the fogs of difficulties and of sorrow, through storms of hardships and losses, safely into port.

The pilot does not lose heart when he cannot see his way. He turns to that mysterious compass which sees as plainly in the fog, and guides as faithfully in the tempests as when the sea is like glass. We are in touch with a Power greater than any compass, greater than any pilot, a Power that can extricate us from the most desperate situation.—Success.